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What We Do.

F. A. CLARKE, D. O.

(PORTLAND, ME.)

THE eager question of every one contemplating Osteopathy is, "What do you do?" It is coupled with the complaint that Osteopathic journals tell nothing of methods, and with the assumption that selfishness, if not charlatanism, is back of it.

This is a great mistake and a greater injustice. It is possible that the use of Latin in all medical matters, and the obscurity of much of its practice, attended with failure in results, has engendered distrust of the most honest efforts to benefit man.

Patients from a distance have offered to pay liberally for "simple instructions" that would enable them to continue treatment at home; and to their astonishment, I have as generously endeavored, without pay, to qualify them thus, and thereby the difficulty is made plain. There are no "simple instructions." Manipulation is meaningless unless directed by knowledge only attained by familiarity with anatomy, physiology, and chemistry. The efforts of any craftsman are futile without a mental picture of the finished product. The Osteopath does to the individual case what is needed. His knowledge of conditions, normal and abnormal, direct whether it is nerve or muscle, vein or artery, gland or bone, that requires attention, or is a combination of several of these.

I have patients who have paid from \$50 to \$200, for "positive home

cures," and were duly advised to use certain articles of diet, to take a daily bath, and to be cheerful in their misery. The benefits were as limited as the treatment. This is the value of secrets. The value of Osteopathy is in being known, not hidden. The difficulty is to meet the different attitudes of mind toward it. Each has its limitation of view from his view-point. One M. D. who dislikes to view things from a material plane tells me my results are from magnetism, because back of the application of the hands "there must be a force to meet the vital forces;" and to him I cannot convey the simple law of mechanics demonstrated in the Taylor machines which are adjusted to the patient, the motor started, and results follow with the same mechanical accuracy that the dairyman gets butter from his churn. Any magnetism about this? But it goes without saying that a hand animate with mind and knowledge is incomparably a better application of mechanico-therapeutics than a machine.

Another medical friend asked the writer if we could relieve a distressing case of diarrhœa, brought on by certain indulgences, occasioning great weakness and threatening severe illness. There was no taking of temperature, looking at tongue, counting pulse, or going back into the history of the case, etc. The patient lay face down on our table, and we pressed about ten seconds on a nerve in the lumbar region and dismissed him. He arose abashed and said, "Is that a treatment, or a bluff?" "That is a treatment, sir; report to-morrow." Twenty-four hours later, he said in amazement, "I had no other movement until about an hour ago, when it was absolutely normal, as if nothing had occurred otherwise." Another medical man said to him, "What! no medicine, no knife? What under heavens *can* they do?" (A natural question from his view-point.) "You may search me," said the other; "I can't tell, but

they *do* it, and no three days' constipation in reaction, either." Another case might have been treated differently, and this difference is the hindrance to the answer so eagerly sought to describe Osteopathy for one or all diseases. It is not a "general rubbing." In fact we do *no* rubbing, but effect deep and particular alterations to parts involved.

I am glad to balance the apprehension and limitation noted above by the enthusiasm and investigation evidenced in the report of a paper by T. J. McGillicuddy, M. D., before the New York Medical Association, who says:—

"There are many who would seem to believe that our only remedial agents are drugs, because, notwithstanding the decided limitations of drug treatment in chronic diseases, they are content to go on employing this method for these diseased conditions year in and year out, and often with the most unsatisfactory results.

The most important aim of therapeutics should be the removal of the causes of disease. Drugs and chemical agents are not as valuable as mechanical and dietetic measures in accomplishing this in the more chronic maladies. * * *

To those who are unacquainted with the natural remedial resources lying dormant in the organism, who know nothing of the latent powers of recuperation by which (when properly developed) health is obtained and continued, the benefits resulting from mechanical treatment are often marvelous.

The same author values manipulation as follows:—

"(1.) *To regulate the circulation.* The circulation of the blood and lymph is greatly influenced by the action of the muscles. Muscular action presses the blood through the veins more rapidly; thus its progress toward the heart is greatly accelerated. In cases of muscular inactivity, these scientific movements will often produce the quickest results in restoring an unbalanced circulation to its normal condition.

(2.) *To increase secretion and excretion.* Where there is a great diminution of secretion or excretion, systematic curative exercise and manual treatment are of great service. It is especially useful in cases of congestion of the liver and other viscera, and inactivity of the skin.

(3.) *To increase respiratory power.* The breathing power and capacity of the lungs can in no way be so rapidly and powerfully developed as by mechanical or manual treatment. We have known people to thus treble their breathing power in a few weeks. Thousands have been saved from a consumptive's grave by means of curative exercise. The lungs with their bronchi and blood vessels are mostly muscle, and functionate, like the digestive organs, only through muscular activity.

(4.) *To increase digestive power.* In many chronic diseases of other organs as well as in functional derangements of the stomach, deficient muscular and digestive power of the stomach and intestinal canal may be greatly benefited and in many cases completely cured, by means of this treatment.

(5.) *To increase assimilation.* Many chronic diseases owe their cause to imperfect assimilation. It is not what we eat or what we digest that benefits us, but what we assimilate through the tissues. There is no means by which assimilation may be so powerfully stimulated and encouraged as by the careful employment of mechanical and manual treatment.

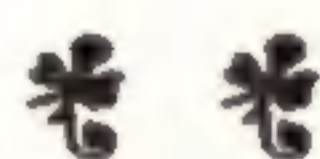
(6.) *To increase vital action.* No remedy is of greater value in treatment of disordered muscular activity, as in various distortions of the spine, resulting from unequal muscular action; also in many cases of uterine displacements. In cases of paralysis, no other remedy, unless it be electricity, will accomplish so much as systematic, skillful, mechanical and manual treatment."

The above groupings are comprehensive, and suggest quite fully the range of human suffering. Add to these the restoration of altered skeleton - conditions, and interrupted nerve currents, and various tissue changes related thereto, and the purpose and value of Osteopathy are well defined.

"What does the Osteopath do?" is the parallel to the familiar salutation to the M. D., "Doctor, what's good for my head?"—or heart, or liver, or leg, as the case may be. Three thoughts crowd the M. D.'s mind at once:—The first is, numerous possible conditions of heads, hearts, livers, or legs; and the second is, as many different remedies as these separate different conditions

suggest; and the third and most violent one is, "What a question!"

But the answers are not parallel; for the difficulties are not related. For the M. D., "the decided limitations of drug treatment" just quoted make it very uncertain just "what is good" for this particular case; and with the Osteopath, his answer enters upon a work that will take the questioner two years to absorb, and that is a long time for the patient to wait who wishes to take the treatment home with him for domestic use.



January.

Janus am I; oldest of potentates;

Forward I look, and backward, and
below

I count, as god of avenues and gates,

The years that through my portals
come and go.

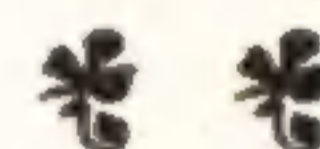
I block the roads, and drift the fields
with snow;

I chase the wild-fowl from the frozen
fen;

My frosts congeal the rivers in their flow,

My fires light up the hearths and
hearts of men.

—LONGFELLOW.



Mr. John R. Musick, author of the *Columbian Historical Novels*, writes as follows: "I am asked my opinion in regard to the newly discovered science of Osteopathy. I have seen the lame made to walk, the blind to see, the paralytic restored to health, and many snatched, as it were, from the grave. I have seen old chronic diseases, which have defied the skill of the best physicians in the world, yield to the new system of healing. I have seen typhoid fever cured in less than a week. I have seen diphtheria cured in less than an hour. All this seems so marvelous that I hesitate to tell it, but I am suppressing, rather than expanding, the facts. I am fully convinced that Osteopathy can accomplish wonders."

Osteopathy on Its Own Merits.

M. F. HULETT, B. S., D. O.
(COLUMBUS, OHIO.)

(In connection with the following article, it should be noted, also, that there are many broad-minded physicians who are not only recommending Osteopathy to some of their own patients, but are taking Osteopathic treatment themselves.—ED.)

Many persons who would seek relief through Osteopathic treatment are influenced adversely by their family physician. They go to him with the mistaken idea that he must be a competent judge of the merits of Osteopathy. I do not desire to lessen any one's confidence in that one who perhaps aided him in his first struggle for entrance into this world; who was his guide through colic, whooping cough, measles, and all the other ailments which impede our progress along the pathway of life. Of course it is not remarkable that we place great confidence in such an one. Neither do I wish to detract from the record he may have made as a physician. But I ask you now to stop for a moment, and to think a little for yourself. Would it not be just as reasonable to ask your grocer if you should buy your supplies from the stock of his rival on the opposite corner?

The old order of things is passing away. The world progresses, and in nothing can we say that such gigantic strides have been made as in that of the science of healing. We are slow to lay aside the old, of course; and the physician, taught from infancy of the efficacy of drug lotions, cannot help being prejudiced against this new rival for public favor. It is developed outside the realm of his school; it is contrary to his line of thinking; it undermines his superstructure; it takes away the source of his livelihood. Is it any wonder that prejudice overbalances his better judgment, and that instead of using his reason he becomes a scoffer?

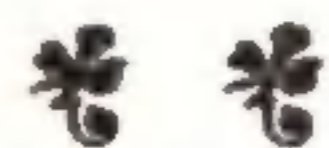
But Osteopathy has demonstrated its right to recognition on its merits, and "will not down" at the command of one who sees through the smoky glass of exclusiveness. It has cured disease. Its record of results stands out too prominent to be injured by jealous antagonists. If it deserves a trial, it deserves it on account of its scientific character, the record of its battle with disease, and its acknowledged harmony with the laws of nature.

Osteopathy invites you to test its merits, with the assurance that after a fair trial your verdict will be in its favor.



Osteopathy tends to call men toward a closer study of the greatest studies, man himself — and to the more study of anatomy, and with it physiology. We should like to cause a mighty revival of these studies; as we think, and our results certainly encourage us to think, the human engine, by being studied as such and worked on from a standpoint such as ours, will respond to an astonishing degree to such working. We do not wonder at skepticism regarding our methods. It is certainly a radical departure from past traditions, but we depend on our results for advertising, and they do not fail us.

Our diagnosis is almost entirely based on what we find as to the adjustment of the skeleton and the muscular attachments, and we use neither medicine nor the knife in our regular work. Where such things are essential we suggest their being attended by one of the old schools.--JOSEPH H. SULLIVAN, D. O., in *Southern Journal of Osteopathy*.



When Charles Lamb said of some one, "I *hate* him," his friend remonstrated, "Why, Charles, you don't know him!" "No," said Lamb; "if I knew him, I should not hate him!"

Synovitis of the Knee Joint.

WILBUR L. SMITH, D. O.

(BALTIMORE, MD.)

Synovitis defined by Dunglison is "Inflammation of the synovial membrane." Around the articular surface of all bones, synovial membrane is freely distributed, and its function is to secrete synovia, — the fluid which lubricates the joint, preventing friction, and which is nature's oil secreted normally by a perfect process.

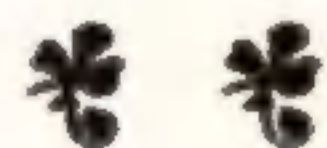
The knee joint is the largest articulation in the body and is of the ginglymus (hinge) classification. It is also the strongest, possessing fourteen ligaments, and consequently has a greater supply of synovial membrane. Synovitis is a condition characterized by pain, swelling, and tenderness, with more or less discoloration. The pain may or may not be constant, but is aggravated by movement. The swelling, tenderness, and discoloration will vary in direct proportion to the amount of effusion, which is sometimes increased and diminished by use and rest respectively, or occasionally *vice versa*.

The cause of synovitis must be a mechanical obstruction to the circulation, as the symptoms are the direct effects of sluggish circulation. The knee joint is supplied by five direct arterial channels, and each artery is accompanied by a vein which returns the blood to the greater veins after having gone through the network of the capillaries, wherein the interchange of new and old tissues and gases takes place; and it is a disturbance of this process that induces this troublesome condition.

Pathologists agree that this congestion is caused by obstruction to the circulation, which may arise either from an extraordinary flow of blood by the arteries or from a difficulty in a return of the blood by the veins. More often it is the latter, and is termed venous congestion, stasis, or stagnation, which is ac-

counted for by the fact that the veins do not possess as much muscular tissue in their walls as the arteries, and are therefore more susceptible to pressure from bone, muscle, or tendon, which do operate as obstructions.

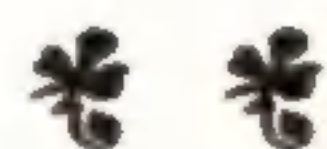
The inflammation of synovial membrane is the direct effect of congestion, and the congestion is the result of an obstruction. In all the cases of synovitis of the knee joint that have been brought to our personal observation, a luxated hip joint, on the side involved, which disturbed the anatomical relations of the muscles between which the channels of circulation to and from the knee have to pass, has accounted for the obstruction. By so directing the manipulations as to right the mechanical disorder and to free the obstructed circulation, speedy and permanent benefit has been secured, to demonstrate further the correctness of the Osteopathic diagnosis. In the history of each case, an accident had preceded the onset of the trouble, showing conclusively that synovitis is essentially of traumatic origin.



Medical Legislation.

Senator Farmer, of Texas, in a speech upon a medical bill before the legislature, said:—

"You see we have reached the time when everybody is afraid of competition. If men who have attended a medical college cannot compete with those that are termed quacks and fakirs, it does look as if 'twould be well to abolish our medical institutions, and stop robbing the state of its taxes to keep them up."—*Southern Journal of Osteopathy*.



No one can have a true idea of Right until he does it; or any genuine reverence for it until he has done it often and with cost; or any peace ineffable in it until he does it always and with alacrity.

—JAMES MARTINEAU.

Osteopathy and the State Laws.

J. C. CLARKE.

[Reprinted by request.—ED.]

Osteopathy has been before the public years enough to prove conclusively both its common-sense basis and its scientific basis, and to demonstrate its practicality by thousands of cures, the majority of these being in chronic cases, which are always the severest tests for any method of healing. It is rare indeed that any one really investigates the subject without speedy conviction of its genuineness and its value, whether he magnanimously tries it on "his wife's relations," or heroically offers his own backbone to the painless manipulations of the Osteopath.

But comparatively speaking, Osteopathy is so new, so little known in general, that it is small wonder that it is often difficult to obtain for it the serious attention which is all that is asked. "It speaks for itself" to any who will listen; but the willing ear is often wanting. That the medical profession especially should be averse to considering its claims is most natural. That self-devoted class who for centuries have given their whole lives to the study of the human body and to the mitigation of its sufferings;—

"Who through long days of labor,
And nights devoid of ease,"

have amassed, bit by bit, the scientific knowledge on which to-day the Osteopath draws as on "money in a bank" for his use;—those solid thousands of solid men could not be expected to think of Osteopathy at first except as a mushroom growth, nor to rate its claims as other than pretentious or misguided.

In those States of this country, however, in which Osteopathy has gained a foothold too obvious to ignore, medical men have begun to combine against it as something to be reckoned with, contagious, as it

were, and therefore to be decently buried by process of law, the sooner the better. Hence sundry "Medical Bills," so-called, introduced into legislatures, to "protect" the community, including the medical men, excluding only their Osteopathic brothers.

There should be no conflict at all; the Physician and the Osteopath are really one in their interests and their aims; but wherever an attempt is made to put Osteopaths at a legal disadvantage, apparently we have no choice but to "fight it out along that line," without delay.

The legal status of the matter at date, so far as the law has been invoked, is as follows.

MISSOURI.

The earliest appeal to the protection of the law was in Missouri, in 1895, although Vermont was the first State to secure legal recognition. Missouri was the natural starting point, its town of Kirksville being the headquarters of the founder of the science, Andrew Taylor Still, M. D. Though Dr. Still, as a regular physician, could not be prevented from practicing, even osteopathically, the graduates of his school could be harassed, and they were, under restrictive laws which had been enacted in the interests of the medical fraternity.

Accordingly, in 1895, a bill was introduced into the Missouri legislative Assembly, to secure recognition for the American School of Osteopathy, and to regulate the practice of the science in the State of Missouri. This bill passed both houses, but was vetoed by Governor William J. Stone. In the new legislature, however, the following year, a similar bill was passed by an overwhelming majority, and was signed by Governor Lon V. Stephens.

Following is a certified record of the official count "of the House and Senate of the Thirty-ninth General Assembly" of Missouri, "on the passage of House Bill No. 415,

known as the Osteopathic Bill:— House — Yeas, 101; Nays, 16; Absent, 18; Absent with leave, 3; Sick, 2. Senate—Yeas, 26; Nays, 3; Absent with leave, 5. Bill approved March 4, 1897.”

VERMONT.

Meanwhile in Vermont, the State Board of Health had endeavored to secure a law to prohibit the practice of Osteopathy in that State, alarm having been taken, in medical circles, at the great success of Osteopathy in Vermont, notably in cases of diphtheria. The Osteopaths tried to get a modification of this medical bill; but the legislative committee in charge absolutely refused. When the bill came up for consideration, the friends of Osteopathy introduced a substitute bill, which in just one hour and fifteen minutes passed both houses, November 23, 1896, and on the next day, November 24, received the signature of the Governor. Ask anyone who knows the “ins and outs” of that Vermont affair, what George J. Helmer, D. O., now of New York City, then of Vermont, had to do with it, first and last, and a lively tale will be told.

A count of the vote on the Vermont bill was not taken; but an official statement says that it must have passed both houses by at least a two-thirds vote, and adds:—“The fact that no roll-call was demanded indicates that there was practically no opposition to its passage in the House.”

NORTH DAKOTA.

In the legislative session in North Dakota in 1897, Mrs. Helen de Lendrecie made so able and energetic a struggle for a bill to legalize Osteopathy in that State that such bill was triumphantly passed, in the face of the serried phalanx of physicians arrayed against it. Governor F. A. Briggs signed it only a few hours after its passage. The bill became a law July 1, 1897. Official statistics give the vote thus:—Senate, Ayes,

22 Nays, 5; Absent, 4. House, Ayes, 43; Nays, 16; Absent, 3.

MICHIGAN.

Michigan came next in order of time, but stands first and alone in the apparently spontaneous origin of its recognition of Osteopathy. Many of its prominent citizens had been benefited by Osteopathic treatment in Kirksville, either in their own persons or in those of friends, and desired to have the new science brought nearer home.

Official statements of the extraordinary vote show that the Osteopathic Bill passed the Michigan legislature as follows:—Senate—Yeas, 24; Nays, 1. House—Yeas, 72; Nays, none. The bill was promptly signed by Governor Hazen S. Pingree, and immediately went into effect. The date of approval was April 21, 1897.

IOWA.

Iowa is the latest of the State-recruits; and its law receives the unqualified endorsement and support of all Osteopaths. Its framers profited by the experience of other States, to draw up a bill which obviated existing objections. It was approved March 31, 1898.

At the preceding special session of the Iowa General Assembly, a law was passed prohibiting the practice of Osteopathy in that State. The small number of Osteopaths then living there attempted no defence, but moved away. The people, however, began an agitation in favor of a law giving direct protection to Osteopathy, with the result that the present bill was passed over and above the strongly organized opposition of the medical societies of the State. These had their law, and all they had to do was to defend it; yet Osteopathy won.

The official record of the Iowa vote on this Osteopathic Bill reads thus:—In the Senate—Yeas, 27; Nays, 20; Absent or not voting, 3. In the House—Yeas, 51; Nays, 30; Absent or not voting, 18.

ILLINOIS.

In 1897, Osteopathic bills passed the legislatures of South Dakota and Illinois, but were vetoed by the respective Governors, the veto coming too late in the session for reconsideration of the bill. In both these legislatures, bills will be introduced again this winter, with good prospects of success. Illinois has had a medical law since July 1, 1887.

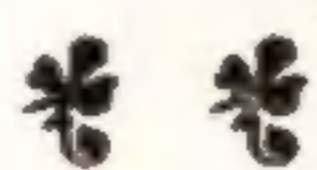
The official count of the votes for the Osteopathic Bill in Illinois in 1897 is as follows:—Senate—Yeas, 40; Nays, none. House—Yeas, 82; Nays, 43. The bill was vetoed by Governor John R. Tanner, June 10, 1897.

SOUTH DAKOTA.

In South Dakota, the official record gives these votes for the Osteopathic Bill:—Senate—Yeas, 25; Nays, 13; Absent and not voting, 3; Excused, 2. House—Yeas, 49; Nays, 15; Absent and not voting, 8; Excused, 11. The bill was vetoed by Governor Andrew E. Lee, March 10, 1897.

THE SITUATION.

Does not all this make a good record? Vermont, Missouri, North Dakota, Michigan, and Iowa,—five States with Osteopathic laws, all passed within the brief period from November 24, 1896, to March 31, 1898, less than seventeen months! That it is "a far cry" in geographical distance between some of these centers of development is one of the most encouraging points. Growth will be all the more healthily rapid; and the wide distribution is but one sign the more, that Osteopathy appeals, by its merit alone, to candid investigators wherever they are found.



The New Year.

A wondrous fountain yet unsealed,
A casket with its gifts concealed,—
This is the Year that for you waits
Beyond to-morrow's mystic gates.

—H. N. POWERS.

The Avoidable Cause.

CAUGHT BY THE PHONOGRAPH.

"Smith, your ailment is from avoidable cause!"

"Why? I am always careful; how am I to blame?"

"Blame is not the word for a man who has just stopped a bullet of his own firing."

"Oh, you mean it's a case of 'didn't know it was loaded?'"

"More than likely."

"Well, I live an exemplary life, and follow the customs of people who are healthy."

"Hardly."

"Why?"

There are not enough of them to establish such a custom."

"Oh, there are a lot of great, fat, healthy people."

"They are not down in the directory."

"What's the matter with A.? He weighs 240 pounds and is the picture of health."

"Health is not weighed in pounds nor measured in inches. A. cannot sleep nights for the rheumatism."

"Well, there's B., a perfect Apollo; no blemish there."

"He is treating now for Bright's disease."

"Well, Mrs. C. is a woman who has never had a doctor since infancy, and it's a feast to look at her."

"Yes, I hear she is just undergoing a surgical operation."

"Is every body sick?"

"They are not incapacitated, but a doctor's office weeds out a lot that cannot be identified on the street."

"And are they all from 'avoidable cause?'"

"Largely, and why not? disease being a condition and not an entity that makes the conditions."

"Well, we do claim the management of our own lives, but it often seems as if conditions were imposed upon us."

"Exactly, and it is noticeable that many accept the imposition more graciously than any suggestion for its removal."

"Is it possible?"

"Custom, heritage, and association all inspire fidelity to habit, even when results are obviously destructive."

"Yes, habit is tenacious, and one is apt to feel justified by custom and long usage; and why not? Years of indulgence with immunity are reassuring."

"The immunity is only to a limit. It varies with the individual. Enthusiasm over the centenarian who has known no restraint from childhood overlooks the million whose limit is twenty years. 'It never hurt me before' is the date of settlement, not the day of involvement."

"Then my exemplary life may not be in the direction of health."

"You confess to frequent over-exertions, and use sleeping potions. You are 'regular' with meals which the stomach often rejects, because it is a unit with you in the over-work, and its unerring protest is over-ruled by custom. You are daily involved in associations which tend to a state of chronic vexation, in which nutrition is reduced to the minimum. In your depleted state, respiration, the great vitalizer of all pelvic functions, is impaired, and you shun the open air as an unwarrantable exposure."

"It is my picture right enough. What shall I do?"

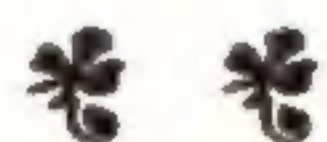
"If one engine pours oil and another water into a burning building, which do you think will 'win out'?"

"It is evident that as long as oil lasted there would be fire."

"Then shut off the oil, and Osteopathy will do the rest."



The universe offers nothing as wonderful or as complete as this body of ours.—MRS. A. R. ALDRICH.



When my friends are one-eyed, I look at their profiles.—JOSEPH JOUBERT.

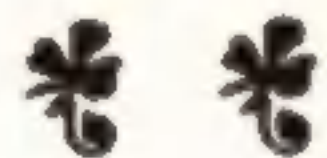
Danger of Delay.

There is a tendency to put off the evil day as long as possible. This tendency is so strong in human nature that though one is suffering from a disease that is gradually destroying vitality and surely decreasing the possibility of a cure, yet we delay taking the steps necessary to a cure. It is a strange thing that those invalids who recognize the need of treatment should continue to delay taking the treatment when they should know that the delay will cost them time, money and possibly life.

Nature is the real curative agent. The recuperative powers of your own body are the forces to be called into action. Drugs or chemicals are not needed for the building or toning up of your system. God hath prepared these, and they are amply supplied from the food we eat. Every day that the disease continues its ravages in your system, the recuperative powers of your body decrease and the possibilities of a cure as well.

Osteopathy has more to offer you than any other healing agency, because Osteopathy is in harmony with nature, and assists nature in restoring the harmony in your body that will result in restored health.

—*Southern Journal of Osteopathy.*



God pity the doctor who cannot compete

With a quack for medical fees,
But must have some laws, with
teeth and with claws,
To terrify all but M. D.'s!

God pity the men that make any laws

That would send a man to jail
For taking a fee for curing the sick

Where the licensed doctors fail!

—ANONYMOUS.

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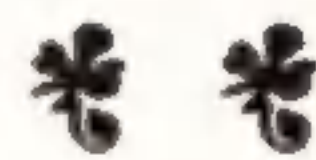
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A Happy New Year and plenty
 of Osteopathy!



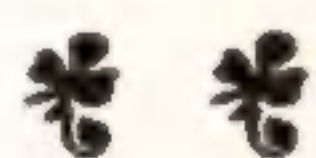
We are pleased to note the activity of the Osteopaths throughout the country in forming State associations. An effort will be made for favorable legislation in the States of Indiana, Illinois, Colorado, South Dakota, Arizona, and Kentucky, and possibly two or three other States, with good prospects of success.



INDIANA.

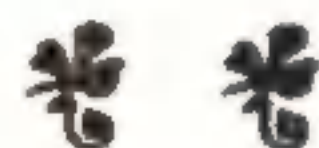
The Indiana Association of Osteopaths was recently organized with the following officers:— *Pres.*, H. J. Jones, of Indianapolis; *Vice-Pres.*, B. E. May, of Crawfordsville; *Sec. and Treas.*, E. W. Goetz, of Terre Haute; *Trustees*, B. F. Gentry, of Bloomington, B. E. May, of Crawfordsville, D. E. McNicoll, of Frankfort, W. E. Swan, of Evansville, and E. W. Goetz, of Terre Haute.

The object of the Association is the advancement of the science and the promotion of all matters of interest to the profession.



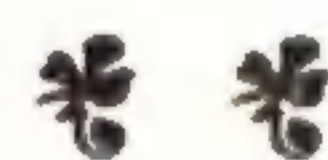
We wish to announce once more that *there are no graduates* of the Boston Institute of Osteopathy. The First Class will graduate next June, and only one member of that class

will locate in the West. When people say now that they are graduates of the Boston Institute, you may feel sure that there is a mistake.



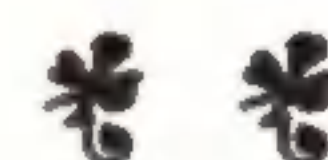
A sketch of Dr. James R. Cocke, abridged from a published account, appears on page 16. Two points in his life are especially to be noted, although most of the details which alone would do them full justice have to be omitted from our columns.

The one is the extremely thorough technical drill which he obliged himself to take, in order that his whole work might stand judgment on its merits alone. The other is what might be inferred to be his personal interpretation of a word which baffles many of us:—*Obstacles*, things to be overcome.



The following case, which is reported by a family of our own acquaintance, is typical of a class of childish ailments which are difficult to handle from their complexity. Their diagnosis is simple enough; yet to administer treatment which shall not be merely repressive of symptoms, but shall with true wisdom remove all obstructions to nature's best development, is the problem confronting this generation. Here is the case:—

"No, no!" exclaimed a very little girl with very great firmness, when told to pick up something she had carelessly thrown on the floor; "No, no, Papa! I *can't* do it:—I've dot a bone in my back!"



We desire to call special attention to the facts in the article entitled "Osteopathy and the State Laws," on page 10, which is reprinted from the December number. That edition of 3500 copies is exhausted, and the demand for extra copies still continues.

Personals.

The reports of the success of Osteopathy in the western part of the State are very flattering. Dr. A. H. Moore of Westfield, who represents the science in that section, had a most enviable record as a student of both Osteopathy and Medicine. Knowing of his success as a practitioner of Osteopathy in the West, as well as in Massachusetts, we are very glad to recommend him as a thorough and competent operator.



CHICAGO, ILL.

Mary H. Connor, D. O., has opened an office in Suite No. 42 Auditorium Building, Chicago. We can heartily endorse Dr. Connor.



ST. LOUIS, MO.

We are glad to call attention to the location of Dr. A. G. Hildreth, in St. Louis, Mo., at 708 Commercial Building.

Dr. Hildreth is known wherever Osteopathy is known, and is held in high esteem by the fraternity. The Doctor treated the mother of the editor of the *Boston Osteopath*, and accomplished in two weeks what doctors in Boston, New York, and other cities had failed to accomplish in eight years.



BROOKLYN, N. Y.

We take pleasure in announcing the opening of the office at 944 Marcy Ave., in charge of Dr. H. E. Hjardemaal. Dr. Hjardemaal was a classmate of the officers of the Boston Institute, and we are happy to recommend the Doctor to the people of Brooklyn.



We received a very pleasant call from Dr. R. Pearl Buckmaster on his way from Halifax, N. S., to Crawfordsville, Ind., where he ex-

pects to locate. We were much impressed with the Doctor's earnestness, and we feel sure of his being one of the "bright lights" of the American School. The B. I. O. wishes the Doctor the most pronounced success in his new home.

Why We Study Osteopathy.

I believe that Osteopathy furnishes the best opening for a live, intelligent person that can be found. That Osteopathy cures many cases which drugs cannot reach is a fact too well established to admit of any question. The work being done by simple manipulation is entirely free from any of the evil effects of poisonous substances taken into the system. Osteopathy is a science based upon the relations of cause and effect. In diagnosis the operator reasons from effect back to cause; in treatment of disease, from cause to effect. While Osteopathy has accomplished wonderful results, it is still in its infancy and furnishes an inviting field for the investigating mind. To those who feel a desire to relieve human suffering, Osteopathy offers an equipment unequalled by any other system of healing. From a financial standpoint, the outlook is most promising. The course of study is excellent, being based upon a thorough knowledge of the human system, studied from every standpoint. Taken all in all, I can only regret that I did not begin the study earlier.—PROF. R. B. ARNOLD, in *Journal of Osteopathy*.



"There can be no doubt of the exactness and precision with which Osteopathy gains its results."



"The feeling between ague and quinine is exceedingly bitter."



The most that medicine ever does is to refund the debt to Nature at a higher rate of interest.—*Exchange*.

Dr. James R. Cocke.

(See Frontispiece.)

The subject of this sketch, James Richard Cocke, A. M., B. M., M. D., Ph.D., without sight from infancy, educated by his individual research and through the eyes of those who have read to him, has been graduated from three schools at the head of his class, and has won for himself a place in the front rank of surgeons and of medical diagnosticians.

He was born in Knoxville, Tennessee, in the troublous times of the year 1863. Six days after birth, his eyes were destroyed by an accident. His mother never recovered from the shock, and died in three months. His father, a lawyer and a military man of prominence at that time, soon placed him under the care of a married sister who was childless.

He was early sent to a private school kept by a celebrated instructor of the blind, where, before his sixth year, he manifested talent for music, considerable mechanical skill, and uncommon aptitude for languages. Although of rather delicate physique and of somewhat poetic temperament, he delighted in work, and excelled in the use of his hands.

The death of his father was closely followed by financial misfortune; and the boy at sixteen, handicapped as he was, suddenly found himself obliged to earn his own living. The reader would not guess what occupation he took up.

Having learned, while on his aunt's plantation, to judge of the qualities of tobacco, by touch and by smell, he entered a New York tobacco house, one of the largest in this country, as a selector of tobacco. It had been with much difficulty that his friends had procured for him this opportunity; but his success in the work was so brilliant that it was not long before his employers dispatched him in their interests to Cuba, with a negro attendant. He must have seemed an extraordinary represen-

tative of a great business firm, this pale-faced boy with light curly hair, sent to a foreign country which he could not see and whose language he did not know!

Reaching Havana, he was forwarded to the famous Veulta Abajo district, where he rapidly acquired the Spanish tongue, and where he soon discovered tobacco of a very rare quality and an abundance of it. Advising his employers of the fact, they had so much confidence in him that it is a matter of record that they forwarded to him a check for more than thirty thousand dollars, with which he bought a vast quantity of this tobacco of the yield of 1880. As a result of this deal, a famous tobacco house in this country made a brand of cigars which now is known the world over.

While working away in selecting tobacco, the lad won the hearts of the peasantry of the district, and spent his time Sundays in gratuitously teaching a class of blind children.

On his return to New York, his wealthy employers paid him well, and assumed a kind of guardianship over him. He was sent to a southern university, and there he completed in three years a course usually requiring four, and at graduation was the valedictorian of his class. He then studied medicine, and, overcoming much opposition, received the degree of Bachelor of Medicine, from a school in Philadelphia. Subsequently, he took the degree of M. D., at the Boston University School of Medicine, graduating there with an average of ninety-eight per cent. in thirty-two studies!

Next, he passed the examinations of the Harvard Medical School, and entered the post-graduate classes, in connection with which he served in several dispensaries and hospitals of the city, doing some of the finest work on record. In connection with those classes also, he made some dissections which were so remarkable as to gain a place in the museum of the School.

In his previous course at the Boston University, he had not only become proficient in dissecting with skill and with dispatch, but had also acquired the difficult art of disarticulating the human skull; and, as a diversion, had modelled the bones of the human skeleton in clay. While there, he applied himself so assiduously to microscopical anatomy, especially histology, as to win from the faculty spontaneous expression of wonder and admiration. The professor of anatomy would make special drawings for him, using a stylus upon a wax tablet, of every kind of cell in the human body; and he would study these by the sense of touch.

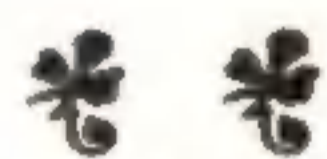
It chanced one day that while the professor was drawing upon the blackboard, for the whole class, and describing the complex structure of one of Brunner's glands, withholding the name, this very student was the only member of the class who recognized the structure and exactly located it in the intestine. The astonished professor rubbed out this drawing, and rapidly described some of the most intricate structures of the body, including a liver cell with its intra-lobular vein. The student called them all by name before the account was half given. The professor, an undemonstrative man, came where his scholar sat, and said, as he drew his arm through his own, "You have given us all a lesson in anatomy to-day," and dismissed the class.

Dr. Cocke's professional life has been varied and full. A constant student, a keen yet patient investigator, and a clear thinker, he won, while abroad, recognition from the Universities of Berlin and Vienna. In Paris he unfortunately antagonized the famous Prof. Charcot in a discussion upon hypnotism. Subsequently, that brave, frank *savant* admitted the force of Dr. Cocke's conclusions, and retracted much that he himself had published.

The Doctor's well-known book on

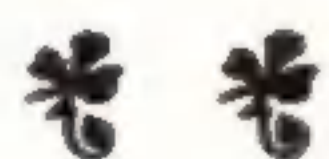
Hypnotism is the fruit of long experimental research and of earnest thought. He has written a good deal of miscellany, including the novel entitled, "Blind Leaders of the Blind."

It is a very practical side-tribute to his acumen in medical diagnosis that he has served as medical examiner for a life insurance company.



Feats of Memory.

Mascagni is said to know by heart the main compositions of the six composers of greatest celebrity. He once put this marvelous proficiency to the test on a wager. Blanche Sherman, a young Western pianiste just past sixteen, has a *repertoire* of one hundred and twenty-five compositions, mostly classic, which she has memorized in a fashion described by her friends as stupendous. Seneca, the tutor of Nero, could repeat two thousand words exactly as he heard them. Pope could turn at once to any passage which had struck him when reading; and Leyden, the Scottish poet, who died in the early part of the century, is credited with having been able to repeat an act of Parliament or a long legal document after having heard it once. The memory of some musicians is phenomenal. Dr. Richter knows the complicated score of "Der Ring der Nibelungen" by heart. Herr Mottl has also memorized the score of "Tristan and Isolde." When the late Italo Campanini first sang *Vasco* in "L'Africaine" he was absolutely note-perfect, although on the day before, he only had learned one act. Dr. von Bülow is said to have read one of the Saint-Saens's piano-forte concertos in a railway train and played it by heart at a concert the same night. Rubenstein is credited with a memorized repertory of a thousand pieces.—*Exchange*.



"Were your moral nature turned inside out, how would you appear?"

The Cardiac Nerves.

J. W. ALKIRE, D. O.

(PORTLAND, ORE.)

From an Osteopathic standpoint the cardiac nerves are very important, since by the knowledge of their position much can be done to control the heart.

The cardiac nerves are branches of the vagus (or pneumogastric) and the sympathetic nerves.

In some animals, and especially the dog, the vagus arises from the ventro-lateral aspect of the medulla by about a dozen fine roots, whence it passes upward and forward to the jugular foramen, accompanied by the spinal accessory nerve.

Just before passing through the jugular foramen, a ganglion is formed which is called the "ganglion of the root;" this is where the union with the spinal accessory takes place. The spinal portion leaves almost immediately to supply certain muscles of the neck, while the medullary or accessory is continued forward with the trunk of the vagus.

We find another ganglion, fusi-form in shape and fairly large, external to the foramen, which receives the name of "ganglion of the trunk."

From the caudal end or middle of this ganglion, the superior laryngeal nerve is given off; and just posterior to this, a branch of large size is seen passing from the sympathetic to the trunk of the vagus.

The nerve is now known as the vago-sympathetic, since it consists of both. It passes caudalward, posterior to the great vessels of the neck, as far as the first rib, or nearly to it, where it again is connected with the sympathetic, through the fibers of the middle and inferior cervical ganglia.

There is a small ganglion found opposite the first intercostal space, called the "ganglion stellatum," which is formed by the first one or two thoracic ganglia.

At the inferior cervical the vagus and sympathetic part company. The

vagus continues onward to the heart and stomach, but the sympathetic passes to the "stellate ganglion," after having divided into two portions, the "Annulus of Vieussens," which surrounds the subclavian artery.

The cardiac nerves leave the vagus and sympathetic in the region of the inferior cervical ganglion, and are usually spoken of as an outer and inner group.

The inner is composed of one medium-sized nerve, one thick, and two or three slender nerves. The ganglion gives off the medium branch, the vagus the thick one. It passes behind and beneath the great vessels perforating the pericardium on their way, finally to be distributed on the surface of the ventricle and substance of the heart.

The two or three smaller ones spoken of are connected with the branch just described.

The outer group has two thick branches, a filament from the ganglion or the upper nerve and sometimes from the trunk of the vagus which is near, and the other branch or lower one, is derived from the lowest loop of the Annulus; these also supply the heart.

The different branches and plexuses of these nerves have not been mentioned, nor the accelerators and inhibitors, these being a subject of some length.

* *

The music that can deepest reach
And cure all ills is cordial speech.

—EMERSON.

* *

Here is a man trying to fill a measure
with chaff:— now if I fill it with wheat
first, it is better than to fight him.

—JOHN NEWTON.

* *

There is room for 10,000 graduates
of Osteopathy next year at good salaries.—*Cosmopolitan Osteopath.*

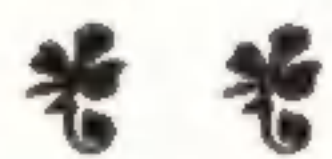
The Progress of Medicine in England.

SIXTY YEARS OF SURGERY AND PHYSICS.

Mr. Malcolm Morris contributes to the *Nineteenth Century* a very interesting article on "The Progress of Medicine During the Queen's Reign." The chief progress that has been made in medicine has been to teach people to do without it. If the Victorian era has done nothing else for humanity, it has at least disestablished the black draught and other nauseous potions which in former days were regarded as essential to the cure of mortal maladies.

Dr. Morris says:—

"When the Queen came to the throne in 1837, it is hardly too much to say that the average medical practitioner knew little more about the diseases of the heart, lungs, stomach, liver, and kidneys than was known to Hippocrates. The diagnosis and treatment of diseases of the skin had advanced little beyond John Hunter's famous division of such affections into those which sulphur could cure, those which mercury could cure, and those which the devil himself couldn't cure. Pathology was a mere note-book of *post-mortem* appearances,—a list of observations as dead as the bodies on which they were made. The New World of bacteriology had not found its Columbus."—*Review of Reviews*.



Medicine a Progressive Science.

In one great respect our calling is unique, namely, that it is the profession which can never cease gaining information; that its progress is wholly in getting more information which it ought to have; that every year it is different from what it was the year before because it has got new information, and that it is going to continue so to the end of time. We need scarcely stop to show by contrast that absolutely no other calling can compare with us in this. To the lawyer, for example, Lord Coke is still a great

authority. I have in my library a large work on medicine by Dr. Hilbert Crooke, physician to H. M. James I. of England, who was the contemporary of that great lawyer. But all that I or any physician now can read Crooke for is to have fun. One sample from him will suffice, where he explains the function of the hair of our heads to be to lead off the spirits and humors which otherwise would choke and render smoky the brain. How thick and smoky the brains of bald heads must therefore be, he does not stop to explain.—Wm. H. THOMPSON, M. D., New York, in Address before Yale Medical Society; *Yale Medical Journal*.



The Old Year.

In spangle of frost, and stars of snow,
Unto his end the Year doth wend;
And sad for some the days did go,
And glad for some were beginning and end:

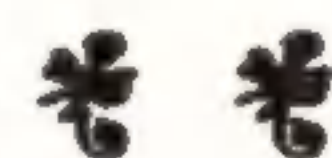
But sad or glad, grieve not for his death,
Mournfully counting your measures of breath,
You that, before the worlds began,
Were seed of woman and surety of man;—
You that are older than Aldebaran!

It was but a whirl round about the sun,
A silver dance of the planets done,
A step in the Infinite Minuet,
Which the great stars pace to a music set

By Life Immortal and Love Divine,
Which sounds, in your span of three score and ten,
One chord of the Harmony, fair and fine,
Of What did make you women and men.

In spangle of frost, and stars of snow,
Sad or glad,—let the Old Year go!

—EDWIN ARNOLD.



Stones and sticks are flung only
at fruit-bearing trees.—*Persian*.

Chips for Osteopathic Students.

That work is ever the more pleasant to the imagination which is not now required.—EMERSON.

Let him not boast who puts his armor on,
As he who puts it off, the battle done.

—LONGFELLOW.

Meanwhile the Cardinal Ippolito, in whom all my best hopes were placed, being dead, I began to understand that the promises of this world are for the most part vain phantoms, and that to confide in one's self, and become something of worth and value, is the best and safest course.

—MICHAEL ANGELO.

We must shell the peas before we can eat them.—*French Proverb.*

"It is of no use to 'wait till our ship comes in' unless we have sent one out."

The Indian Red Jacket, when the young braves were boasting their deeds, said, "But the sixties have all the twenties and forties in them."
—EMERSON'S ESSAY ON OLD AGE.



Accomplishes Wonderful Cures.

If you want to make an old-school doctor "real," raving, roaring mad, all you have to do is to whisper in his ear, "Osteopathy." This, you know, is simply the science and practice of curing diseases without drugs. It makes no pretense of "gifts of healing," but employs natural methods. Any doctor will tell you that the practice of medicine is an experiment—a two-dollar-a-visit experiment, as it were. To say that Osteopathy has effected no cures is to state what is absolutely untrue.

It does not claim to cure in every case; but how many physicians are

there who will guarantee to do this? The Osteopath regards the human frame as a perfect and intricate machine, faultlessly constructed by the Divine Master Mechanic, and capable of running smoothly until worn out by age. The first cause of every human ill is a mechanical derangement of some one or more parts of the machinery of life.

When our watch is out of order, it is no good giving it a dose of castor oil. That only makes the works more unworkable. The mainspring, in many instances, is broken and must be mended. So with the human body. When all obstructions are removed and all the organs made to work properly, then nature is ready to step in and bring health and strength. You may laugh at Osteopathy, but it has certainly accomplished some wonderful cures, notwithstanding. — *Cincinnati Enquirer.*



A Friendly Letter.

CLEARFIELD, PA., Nov. 13, 1898.

DR. C. E. ACHORN, Boston, Mass.

DEAR SIR:

Your bright little paper, THE BOSTON OSTEOPATH, reaches me occasionally, for which accept my thanks. I am always interested in anything connected with Osteopathy; and am particularly so in the article by H. F. Underwood on "Spinal Trouble," every word of which I can vouch for, as it was applicable to my own case. I was treated by the best doctors for ten years, for that of which the Osteopathic Dr. Rheem, of Minneapolis, cured me in just seven weeks. I had been a confirmed invalid during that time, and was so drugged with morphine that my whole system was poisoned. But thanks to Osteopathy, I am now well and enjoy every hour I live. I feel as if I can never say or do enough for the cause.

Yours sincerely,

MRS. F. B. IRWIN.